



InterRAI Section A: Goals Quick Guide

- Goals need to come from the participant. A goal should be something the participant hopes to accomplish, not a statement of their condition.
- Assessors should not use identical goals for all participants.
- Assessors should work with the participant to find ways to work toward the goal, either through HCBS services or referrals.

Examples of Appropriate and Inappropriate Goals

Appropriate

- I want to continue regaining the use of my arms.
- I want to be living on my own again and get my health together.
- I want to increase the distance I can walk and be more mobile.
- I want to beat my cancer.
- I want to stay in my own home and have a clean and safe environment.
- I want to stay out of the nursing home.

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Inappropriate

- I want help to get things done that I can't do for myself.
- Participant is happy with current care plan.
- No changes requested.
- My brother helps me with things I can't do myself.
- I can't do a whole lot because I am unable to stand for a long time.